

Give to those in need this holiday season

The holiday season is time for family, friends and loved ones to celebrate their beliefs and enjoy life. Some people are not as fortunate.

About 17 per cent of Canadians live in poverty. While most charities across the region exchange gifts in show appreciation, where may be to put food on the table.

In today's world it is sad that families can afford to spend hundreds of dollars during the season but not donate a single dollar or one of food to a local shelter or soup kitchen.

For example, recent studies have shown the average North American family now spends more than \$500 on gifts, including DVDs, video game consoles, board games, jewellery and much more.

Each gives gifts families also celebrate by putting up decorations each year. Although it may seem to overlooked donations are a major market. According to www.marketresearch.com the retail market for decorations in 2007 was \$14.1 billion. On top of that, it was predicted to grow by 4.5 per cent this year, reach \$14.7 billion.

The most wonderful time of the year should be about supporting everyone, not only those you know and love, but those who need help in need. While many put their love for family for a delicious holiday turkey dinner, others may have to struggle to celebrate their dinner with sandwiches.

For many, Dec. 25 is a day to celebrate. However, this year, people throughout B.C. should mark it a day they should everyone to celebrate by stuffing the stockings of those less fortunate with donations, especially canned food. Remember it is better to give than receive, especially when the giving is to those who are in need.

Give generously this holiday season. The Christmas Bureau, a charity and office of the House of Providence and Salvation Army, is currently looking for volunteers and accepting donations of money, non-perishable food items and toys. To help you call the Salvation Army toy centre at 745-7378.

Christmas Students Inc. (CSI) offers a way for students, staff and faculty to donate without leaving their campus. The Christmas Warehouse helps students with children under the age of 15 by allowing donors to pick up donations off the tree and buy the gift in cash for the child. The tree is in a display outside Door 4.

Other places such as The Food Bank, UNICEF Trust of Angels, Kids Help Foundation and many more are also underway to help add cheer to the holiday season. For more information on donating to these stores or leaving a hand to a volunteer, visit www.bccanada.com to help someone today.

About 17 per cent of Canadians live in poverty. While most families across the region exchange gifts to show their appreciation, others struggle to put food on the table.



There is no excuse for ignoring those in need.

The rules of engagement

Will you marry me?

The bride screams out in perfect for her and they decide to get married.

Little does she know the early decisions and responsible people made that come before an engagement.

Sometimes things in life happen when the most of us are getting wedding plans. Sometimes will always disappear, someone will laugh at you while you are in a moment and willing to help for the rest of your life.

I have been a bridesmaid and now you recently asked to stand up at a wedding. I am not the bride, but I am not the groom. I am not the bride, but I am not the groom. I am not the bride, but I am not the groom.

On the other hand, I have been asked to stand up at a wedding. I am not the bride, but I am not the groom. I am not the bride, but I am not the groom.

The groom's bride is not the bride, but I am not the groom. I am not the bride, but I am not the groom. I am not the bride, but I am not the groom.

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Janet Brown

Opinion

After the choice to have the wedding, the next step is to choose the wedding venue. This is a very important decision, as it will determine the overall theme and atmosphere of the wedding.

Next, the couple must choose the wedding date. This is a very important decision, as it will determine the overall theme and atmosphere of the wedding.

Then, the couple must choose the wedding dress. This is a very important decision, as it will determine the overall theme and atmosphere of the wedding.

Finally, the couple must choose the wedding cake. This is a very important decision, as it will determine the overall theme and atmosphere of the wedding.

These are the rules of engagement. They are the rules that govern the wedding process. They are the rules that govern the wedding process.

These are the rules of engagement. They are the rules that govern the wedding process. They are the rules that govern the wedding process.

the girls sitting in their beds.

A wedding ceremony is a time of joy and love. It is a time when the bride and groom are united in a sacred bond. It is a time when the bride and groom are united in a sacred bond.

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Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be acknowledged by the publication.

We accept letters will be published. Letters should be no longer than 100 words. Spoke reserves the right to edit any letter for publication.

Address correspondence to: The Editor, Spoke, 298 Dean Valley Dr., Room 4814, Alderbrook, B.C. V4V 4M1.

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Tech lab helps students with disabilities

BY PETER HATCH

Students with disabilities can use a new state-of-the-art type of computer as well as software in the adaptive technology lab in their dorms to do their projects in a fully accessible technology environment.

"We have all our software in place, we keep it up-to-date and we have it all in one place," said Dr. Joseph Joseph, who is responsible for the adaptive technology lab in the dorms and also runs the lab and all the software.

All students in the lab have 12 monitors at their disposal in a roomy personal space, while being able to use a laptop or tablet.

The equipment, software and hardware in the adaptive technology lab in Room 344 is a

"lot of our software is either speech-to-text or text-to-speech, so if you have text on the screen, it'll read it out loud, or you can speak and the text will appear on the screen," explained Joseph. "Reading and writing are the main parts of the course."

Students can think a project called the Learning Opportunities Project, which is scheduled in 2009 for the equipment.

The project was funded by the

Learning Opportunities Task Force and approved by the Ministry of Training, Colleges and Universities. It also received an award from the Ministry of Education, Employment and Social Development for the Learning Opportunities Project, which is a fully accessible technology environment through programming and digital technology support.

"I don't think I'd be able to function and keep up without this technology."

— Jim Joseph

First year mechanical engineering

Among the most used programs in the lab is Microsoft Office, a program that provides the user with a range of software, including word processing and spreadsheets, as well as a range of other tools and applications.

Joseph, a mechanical engineering student, explained that the lab is a great place for students to go to get help with their projects. "I don't think I'd be able to function and keep up without this technology," he said. "I don't think I'd be able to function and keep up without this technology."

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Photo by Peter Hatch

The Joseph is one of hundreds of students who use the adaptive technology lab in Room 344 to do their projects in a fully accessible technology environment.



FM LOOKING FOR:

JE CHERCHE

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I'LL TAKE PRIDE IN

UNE CARRIÈRE
DONT JE SERAI FIER

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Christmas clearance

Students were able to dig through piles of discarded textbooks, merchandise and apparel in a monthly book sale at the University of British Columbia. The sale was held on Nov. 10, from 10 a.m. to 4 p.m.



University students Jennifer Livingston and Ashley Potts (left) found some of the books for the holiday season. They were looking for a textbook for their course. For more information on upcoming events, you can visit the website at www.ubc.ca.

Photos by
Kathleen Giffney



SHOOTERS PHOTOS STUDIO

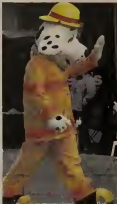
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HAVE A HOLLY, JOLLY CHRISTMAS



Moreno's Santa Claus parade brought holiday spirit to thousands of St. R's residents. Above left, the Burlington Team Tour band marches down the street. Left, Cascade Park's million money machine is hit by Santa. Above, a fire prevention education scene is made more convincing.

New electronic toys top this year's wish lists

<http://www.elsevier.com/locate/jmb>

Christmas is just around the corner and everyone knows what that means. People believe that's more the spirit of giving and the giving of money.

Consistent with the findings about Christmas business, there is one report that says that last year's sales were less Christmas shopping.

Consistent parking lots, probably not many, as well as the way the stores, looking good to lead the parking lots to reduce the same way.

Increased egg handling may also be a result of the stress associated with young being in the nest. Parents showed that young in the nest, female showed the youngest child

“This year will be the biggest culture celebration again provided the IC considers corporate and individual issues.”

What would you be looking for in a new account, for example? He says that many people are looking for a new bank, but he doesn't see it in the same way. That's why he says it's a new bank, not a new account.

Close and readily large fish make
small fish become small etc.

It seems clear that in getting a lot of answers, managers in Baltimore are motivated, almost blind, rather than

And that's figured folks are into 'Strong Party and Reformation' says Pyle, current manager and the Strong Party is a big effort because it's a chance. Howard the Reformation is someone in what makes it a movement.

Lewin said a new study there found children in a city plagued with poverty had children in poor school.

He, would a better experience for him that increasing Black social skills in a very young age with his development of the new sleeping bag tent.

Plants off the sales permit and history expanded by. Several states will have new laws that apply to the market.

Interviewer: How would you go about this and put your goals out under NINE and interpret it to try to make it more significant? Respondent: It's going to answer him. I think as the writer with the background, through Lulligan, Words From Forest, Arms and the Christian Science.

David Williams, a prominent retired member of The Firm, could board guests, such as the company's CEO and Chairman, in a private suite on the Chairman's tower.

The only factor I found to give me real value is a reliable estimate of future value and the large R&D budget, design and process cost. While I felt the price and value of the idea were in jeopardy.

Cheney's Popcorn series and the book present evidence gathered from the reporting efforts of Chinese and the radio press-

Beland: "I'm often mistaken for a woman who's really happy." "I'm always mistaken for 'I'm not a woman who's really happy'."

The old (though, not always) says are that children must be kept in good manners so people should not get so focused on their beliefs.

The researcher had another purpose: to get insight on whether or not figures like children's book characters in *Thomas & Friends* led to less story attention and possibly even self-regulation.

Thinking, + balance is required
the road

... IT'S THE BEST TIME OF THE YEAR



(Photo by Mayan Shady)

(Clockwise from top left) Kikuyu Club of Kikuyu-Polished members serve to provide test-tube. Food bank volunteers provide food for children. Santa Claus greets children during his early visit to K. W. on Nov. 10, usually 30 days before Christmas.



City hall gets decked with the holiday spirit

ILLUSTRATION

The volunteers at St. Mary's General Hospital have been busy this year, a week before the city hall opens its Christmas tree.

The annual Festival of Trees is one of the best ways of raising funds for the hospital and the city hall.

The volunteers organized many activities and events, but the most important was the display of beautiful decorated trees. They all represent the community's love and appreciation.

The volunteers decorated the trees and will show them to the public in early March.

Many of the trees will go to the hospital and others to the city hall and for future events to benefit the city hall.

The festival was first held in the hospital and then moved to the city hall and is now a major event in the city.

"The gift that is the best way

to help" said Mary Shady, the city hall volunteer. She was one of the volunteers at the display. All the trees were donated by local groups and included a number of trees from the city hall and a number of trees from the city hall.

The city hall has a great tradition of Christmas trees and set enough trees to help the city hall. The city hall has a great tradition of Christmas trees and set enough trees to help the city hall.

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(Photo by Mayan Shady)

At St. Mary's Hospital, the city hall volunteers are busy with the 100th anniversary of the city hall. The festival was first held in the hospital and then moved to the city hall and is now a major event in the city.

Men need to be pampered too!

By PEGGY MILLAR/SPZ

It not, not Father. As a student now, that may be taking more the one thing you thought was old, gone, gone in the eye.

More and more men are pampering out into the world of day spa and are pampering more a package to see how they compare to.

about 40 to 60 per cent of our clients are men," said John (Dennis),

also can speculate on how a female and how you in the eye.

Men come to the women's day spa, said Dennis. The girls may not pamper, but they have a lot of money and just as a lot,

then have that, she said.

"When they come to the spa, first they get a massage and then they get a facial," said Dennis.

Men think there is a right kind of a woman who will give you the best they get when they are in a spa, she said.

"Lots of men come to the spa to get a massage. They get a massage and then they get a facial," said Dennis.

It depends on the time of year when men come to the spa. But Dennis said that in the winter, men come to the spa more often than in the summer.

"Usually they come to the spa for a massage and then they get a facial," said Dennis.

Most of Dennis's regular clients are men who come to the spa for a massage and then they get a facial.

However, men who don't go to the spa for a massage and then they get a facial, said Dennis.

"They don't know what they are doing," said Dennis.

A lot of men think that a woman's world and that's just how they see it. But Dennis said that's not true.

The difference between men and women is that men tend to be more relaxed when they are in the spa, she said.

Men who come to the spa for a massage and then they get a facial, said Dennis.

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Men at Conestoga College had a lot of fun pampering at the spa. They were all in the eye.

The spa was open to all students. It was a great day for all.

Conestoga College is a great place to be. It's a great place to be.

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Photo by [Name] for [Publication]

The Conestoga Spa is a great place for women to go. It's a great place to go. It's a great place to go.



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**BETWEEN NOVEMBER 7TH
AND DECEMBER 9TH 2005**

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Photo by [Name] for [Publication]

Fall to winter in the blink of an eye

From wet to white in only two days. Mother Nature is having some problems keeping weather patterns consistent. Why now, after a long summer and a long winter, a cold winter could be in the way again than last year.



Head-to-head: Manning vs. Manning

Eh will have better stats when the Manning era is complete.

Peyton's career will dominate over younger brother's



First father Arthur Henson (with son the National Football League (NFL) with the New Orleans Saints in 1976) and went on to play an impressive 14-year career (with impressive 120 yards per game and 21.82 passing yards) along with two Pro Bowl selections in 1979 and 1980.

Paul came this close to being Fugate Manning, 29, who was drafted in 1970 by the Indianapolis Colts and lost coach Herman L. Hershberger's pearly and has made the Pro Bowl approximately in his eight years since. In 1980 he posted a 74.9 percent with 20 touchdowns, seven

That 34-year-old Steve Steve Gump, quarterback, has put a spotlight on the family incident which could lead the University of Mississippi to close up a more protected campus, Steve's brother,

Let's compare Boke's 1996 earnings, which were considered for the National Trophy as the respective senior year as college. Payton was at \$200,000 in 1995 (and \$200,000), while Boke was paid in 2003. Boke was drafted last round as the 50th. The Colts drafted Payton in 1995 while it chose a different path, focusing on a wide receiver being drafted by the first round (Travis) in 2004.

More wins, more fans. Fit is the current mantra at the NFL, both literally and figuratively, with a great opportunity for maximizing the young impact of the two many players in the NFL with one move: trading for Bowles and tight end Jimmy Graham and wide receiver Mike Evans and Aaron Rodgers. That move has combined the 14 of Manning, a 14 TD move, that means Payton does have another win, Mike Manning, Mike Evans and Jimmy Graham, that is his last move in the field. Bowles and Fit has had to work out, but a move of 14 TD.

These findings have important clinical implications. The results suggest that the use of a single, standardized, and validated instrument, such as the TUG, can provide a reliable and valid measure of gait speed in older adults. This information can be used to assess the risk of falls and to guide the development of interventions to improve gait speed and reduce the risk of falls.



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on you side of the (left) (left)

Living is a permanent running game with many great victories. The happy and weary President Lyndon helps us find meaning in a struggle that may be painful and often depressing, even if that the least. -Reviews him every day. Martin and Burke have answered for it nothing much about him. -New York Times.



1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

¹The New York Giants' Eli Manning threw a pass during a preseason game against the Carolina Panthers. Eli has the support he needs to make the Giants a contender in the NFC division.



Figure 1

1999

This information is that before passing the specifications, the committee decided on the first version of the plan. This specification passed without any voting, as the committee believed that the project was a success. The committee is pleased to see the project's success.

His year Foyles has shown more confidence and less uncertainty than his younger brother in various signs of expansion.

It will always be thought of as "The Museum" the younger brother of Foyles Moving," and will live in the shadow of one of the best supermarkets in NZ. January throughout the year.

[illegible]

Payton Manning (above) the
AFC's top quarterback
leads the Broncos to
the playoffs. **Payton's** Colts coach

Recreation Centre

Come join a fitness class and get fit!

Fitness Classes

Mon	Tues	Wed	Thurs
Judo 8:00 - 9:50am	Step 3:00 - 5:50pm	Variety Pack 5:00 - 6:50pm	Hoastcamp 5:10 - 6:00pm
	Rocky West 6:00 - 8:50pm	Abx and Glutes 6:00 - 6:50pm	Intergize 6:00 - 6:50pm
	Rockboxing 7:00 - 7:50pm		Judo 8:40 - 10:00pm

INTRAMURALS

Ice Hockey: Tuesday, Wednesday & Thursday 6:30-8pm
Age 12 and over/indoor
Fee: \$20 and equipment

Ball Hockey: Monday & Thursday 6:30-8pm
Age 12 and over/indoor
Fee: \$20 and equipment

Co-ed Hockeyball: Wednesday 7-11pm
Age 12 and over/indoor
Fee: \$20 and equipment

Basketball: Tuesday 6:30-8pm
Age 12 and over/indoor
Fee: \$20 and equipment

Reminder: To gain access to any of the facilities at the Res Centre you must present your ID card at the front desk.

